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ABSTRACT

Each therapeutic contact provides unique opportunities to ameliorate suffering and cultivate change. This volume addresses the inherent struggle in therapy to create a therapeutic relationship and make the work compassionate, efficient, and effective. It provides assistance to students, supervisors, and educators in doing therapeutic work while maintaining an effective and compassionate alliance with the client. This concept is addressed though consideration of the following chapter topics: (1) "Developing Observational Skill"; (2) "Essential Evaluations and Assessments"; (3) "First Session: Diagnosis and Treatment Planning"; (4) "Establishing Rapport"; (5) "Therapeutic Interviewing"; (6) "Managing Emergencies and Crisis"; (7) "Practical Predicaments and Ethical Dilemmas: What To Do When..." ; (8) "Using Yourself: A Therapeutic Challenge"; and (9) "Making the Most of Supervision: Dual Perspectives." The afterword provides a list of six fundamentals that remain constant in a context of rapid change in the field. (EMK)

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